

WEEKLY MENU



Nursery

17.01-21.01.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
M O N D A Y	4-grain porridge (GL,LAC) 150/200/250g, Jam 20/30/40g, Tea 150/200/250g, Vitamin break: Pear(PRIA) 40g	Turkey sauce (LAC) 100/125/150 V: Lentils with vegetables 100/125/150g Buckwheat 125/150/180g Iceberg lettuce with paprika 40/50/60g, Bread (GL) 30/40/50g, Juice 150/200/250g	Fruitmix 80/100/120g, Cocoa 150/200/250g, Vitamin break: Cabbage (PRIA) 40g	Energy: 1002,00kcal Carbohydrates: 138,00g Proteins: 39,20g Fats: 35,20g
T U E S D A Y	Omelette with vegetables (GL,LAC) 150/200/250g, Milk(PRIA)(LAC) 150/200/250g Bread Vitamin break: Carrot (PRIA) 40g	Fish sauce with vegetables (LAC) 60/70/80g, V: Orsotto with mushrooms 100/120/150g Rice 125/150/180g, Chinese cabbage salad with tomato 40/50/60g, Bread (GL) 30/40/50g, Kefir (PRIA) 150/200/250g	Ham 80/100/120g, Butter 5/10/10g Bread (GL) 30/40/50g Vitamin break: Apple 40g	Energy: 1186kcal Carbohydrates: 161g Proteins: 46,70g Fats: 30,70g
W E D N E S D A Y	Muesli (GL) 150/200/250g, Milk (PRIA)(LAC) 150/200/250g, Vitamin break: Turnip (PRIA) 40g	Sauerkraut soup with pork 200/250/300g, V: Sauerkraut soup 200/250/300g Bread (GL) 30/40/50g Bread soup sour cream (LAC)180/200/220g	Vegetable mix (LAC) 80/100/120g, Vitamin break: Melon 40g	Energy: 1129kcal Carbohydrates: 144g Proteins: 50,10g Fats: 38,70g
T H U R S D A Y	3-grain porridge (GL,LAC) 150/200/250g Jam 20/30/40g (LAC) White bread (GL) 30/40/50g Vitamin break: Cucumber (PRIA) 40g	Chicken with pineapple 60/70/80g V: Chickbeas with vegetables 60/70/80g Potatoes 125/150/180g, Cabbage salad with herbs 40/50/60g, Bread (GL) 30/40/50g, Milk (PRIA)(LAC) 150/200/250g,	Smoothie with banana 50/180/200g, Vitamin break: 40g	Energy: 1210kcal Carbohydrates: 164g Proteins: 52g Fats: 38,40g
F R I D A Y	Cornflakes (LAC,GL) 150/200/250g, Milk (PRIA)(LAC) 150/200/250g, Vitamin break: Paprika 40g	Pasta with minced meat (GL) 180/200/220g V: Whole grain pasta with tomatoes 180/200/220g Turnip-pineapple salad 40/50/60g , Bread (GL) 30/40/50g, Juice 150/200/250g	Meat pie 80/100/120g, Milk (PRIA)(LAC) 150/200/250g, Vitamin break: Orange 40g	Energy: 11532kcal Carbohydrates: 157g Proteins: 49,20g Fats: 38,70g

* Information about food ingredients and allergens you can ask the service provider.

LAC-Lactose / GL-Gluten / E-Egg products